Good News for Homemakers

Another way to save money

By SHIRLEY W. WALTON
Extension Agent
Chlorine Bleach Can Save Money in the Home

Chlorine bleach can be a real money saver in the bathroom and other places in the home. This week I wish to discuss in detail how you can use chlorine bleach in the bathroom and save a considerable amount of money.

Chlorine bleach disinfects, while it removes stains and odors, from bathtubs, shower stalls, basins, porcelain, tile, plastic, woodwork and glass. First wash surfaces thoroughly. Then wipe with a solution of ¾ cup chlorine bleach to each gallon of warm water. Rinse and dry.

Some words of caution when using chlorine bleach are:

1. Do not use a natural sponge.
2. Do not use on steel, aluminum or chipped enamel.
3. Frequent use of chlorine bleach on metal may cause discoloration or corrosion.
4. **DO NOT** use chlorine bleach with ammonia or products containing acids such as toilet bowl cleaners, rust removers or vinegar. The combination of the two will cause a release of hazardous gases.

To clean a toilet bowl, pour in ½ cup chlorine bleach. Brush the entire bowl thoroughly. Let stand for 10 minutes and flush. Presto-a clean toilet bowl at about ¾ to ½ the cost of using other bowl cleaners.

To clean sinks, bathtubs, showers and other porcelain or tile surfaces, you may clean with a solution of ¾ cup chlorine bleach per gallon of sudsy water.

For floors, such as vinyl or ceramic tile, again mix ¾ cup chlorine bleach per gallon of sudsy water.

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Plastic shower curtains will look cleaner and smell fresher if you give them chlorine bleach care. Wash thoroughly by hand. Then soak for 15 minutes in a solution of ½ cup chorine bleach thoroughly mixed with each gallon of cold water. Rinse well. Many people prefer to do the shower curtain in the bathtub, or if you mix shower curtain in a washer on a warm water cycle with towels, you will be able to get them thoroughly clean.

The bathroom drinking cup that's standard equipment in many homes can be a real germ center. To get this cup hygienically clean, wash it thoroughly and then soak five minutes in a solution of one tablespoon chlorine bleach to a gallon of hot water. Rinse and drain dry. Many people prefer to use paper or plastic drinking cups that are throw-aways. Even then, the cup holder on the wall or wherever you have it mounted may be a germ catcher. Be sure to wipe this thoroughly clean with the chlorine bleach water solution. A good standard mix for cleaning is ⅜ cup chlorine bleach per gallon of warm sudsy water.

You will find that this can save you a lot of cleaning money and clean and disinfect more effectively than many of the other cleaning products on the market.

If you have a homemaking question or problem, you may call 352-8244 or you may write us at P.O. Box 488, Appomattox, VA 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
Chocolate Pound Cake

1½ cups butter, softened
3 cups sugar
2 teaspoons vanilla
5 eggs
2 teaspoons instant coffee granules
¼ cup hot water
1 cup buttermilk or sour milk*
2 cups unsifted all-purpose flour
¾ cup cocoa
1 teaspoon salt
½ teaspoon baking powder
Confectioners' sugar

Cream butter, sugar and vanilla in large mixer bowl 5 minutes at medium speed. Add eggs, one at a time, beating well after each addition. Dissolve coffee granules in hot water, combine with buttermilk. Combine flour, cocoa, salt and baking powder; add alternately with buttermilk mixture to creamed mixture, beating just until blended. Pour into greased and floured 12-cup Bundt pan or 10-inch tube pan. Bake at 325° for 1 hour and 20 minutes or until cake tester comes out clean. Cool 20 minutes, remove from pan. Cool completely; sprinkle with confectioners' sugar.

*To sour milk: Use 1 tablespoon vinegar, plus milk to equal 1 cup.

Sylvia Denise Trent

Trent receives scholarship

Sylvia Denise Trent, a 1983 graduate of Appomattox County High School, has recently been awarded a 4-year Army ROTC Scholarship. These scholarships are awarded on a national competitive basis to young men and women who are planning to enter the Army ROTC as freshman. Sylvia's scholarship will pay for college tuition and academic expenses plus a subsistence allowance of $100 a month. Scholastic standing, test scores, leadership ability, and motivation are key factors in the selection process. This four year scholarship carries an annual approximate value of $6500. Sylvia will attend Hampton Institute in Hampton, Virginia and is the daughter of Mrs. Alease Trent of Concord, Va.

Rummage sale slated

A rummage sale will be held at the V&P Market on Route 15, with the proceeds to benefit the Hampden-Sydney Volunteer Fire Department.

The sale will be held on Saturday, August 20; it will begin at 9:00 that morning and will end at 4:00 that afternoon.

The money from the benefit will be used for equipment purchases for the fire department.

Volunteers take note

(Continued from page 9)

organization to which the contribution is being made, the amount and date of each contribution and the method of valuation of in-kind gifts.

When possible, especially for large gifts, a statement of donation should be obtained from the organization.

For most common out-of-pocket expenses, such as transportation costs and meals, voluntary organizations can assist record keeping by providing forms listing date, amount, and beneficiary of the expenses.

The deductions can be taken by those who itemize their deductions as well as those who take the standard deduction on the tax forms.

Complete information on tax deductions for volunteers can be obtained from an IRS office.

VA links lead poisoning with kidney problems

Unsuspected lead poisoning may be an important cause of kidney disease in some patients with high blood pressure, according to a report by a Veterans Administration investigator in the New England Journal of Medicine.

In a study of 48 patients with essential hypertension, Dr. Richard P. Wedeen and his coworkers at the East Orange, N.J., VA Medical Center found that body lead stores were much higher in hypertension patients with kidney failure. Control patients whose kidney disease was not caused by essential hypertension did not have the elevated lead levels.

These findings were not altogether surprising, Dr. Wedeen said, because both hypertension and renal failure are known complications of lead poisoning. However, most of the patients in the East Orange study were not aware of past lead exposure. This, he said, "raises the possibility that unsuspected lead poisoning may play a more important role among certain groups than is generally realized."

For example, unrecognized lead poisoning might be responsible for the "Excessive renal disease found among black hypertensives," he said. In Dr. Wedeen's study, high lead levels were found in 15 of 20 black patients with essential hypertension and renal failure, but in only three of seven white patients with the same condition.

With such a small sample, these figures are not statistically significant, Dr. Wedeen said, and much larger groups will have to be studied in order to confirm his theory.

Such studies are urgently needed, he added, because environmental lead levels are probably much higher than most people realize.

"Recent publications from the Centers for Disease Control in Atlanta have convinced me of this," he said. "The lead comes from a variety of sources the most common being automobile exhausts. It settles on the environment and gets into everything, particularly food, forming a background level that makes additional exposures from industrial and other sources much more dangerous."

Lead is especially toxic because it remains in the body for a long period of time. However, it can be measured, and, with the administration of certain chemicals, it can be removed from the body, Dr. Wedeen said.

Therefore, if the link between lead and chronic hypertension renal disease can be verified, "we may be dealing with a preventable and possibly reversible disease," he said.

He said that in earlier study involving occupational lead workers with minimal kidney damage, longterm therapy with the chelating agent EDTA (calcium disodium edetate) resulted in improved kidney function.

"It is therefore possible that more advanced cases can also be reversed," Dr. Wedeen said. "I am not saying that people with advanced renal failure can be cured by EDTA therapy; it's probably too late for that. I do think, however, that there is a range of modest renal failure which may be reversible by appropriate chelation therapy."

Dr. Wedeen's coworkers are Vecihi Batuman, M.D., John K. Maesaka, M.D., and Elaine Landy, R.N.

Marshalls take tourney

The first Lefty-Righty Golf Tournament was held last weekend at Falling River Country Club. Doug Marshall and Jim Marshall were declared winners after a "Sudden Death" playoff with the team of G. H. Jamerson and Bob McFadden. Both teams posted scores of 149 for tournament play on Saturday and Sunday. Third place was won by the team of Harry Lawson and James Paulette.

First Flight winners was the team of Dick Bass and Billy Conner. Second place was won by the team of Ronnie Lewis and Pete McCormick followed by the team of Jerry Foltz and Dow Mongold taking third place honors.

The "Righty-Righty" Flight was won by the team of Ottoway Guill and Tommy Martin. Ronnie Ranson and Robert Jackson took second place honors with David Caldwell and Dan Coleman winning third place.

The Golf Activities Committee urges all members to review all the upcoming activities posted in the pro-shop and register as soon as possible.

Couples tourney slated

A couples tournament at Falling River Country Club will be held on Sunday, Aug. 21. Tee time is 1 p.m. with play being Pinehurst Format.

Meal and awards will follow play.

Cost per couple is $10. For more information call Steve Webster at 352-7037.

Donkey baseball set

The Con-Terra Woman's Club is sponsoring a Donkey Baseball Game this Sunday, Aug. 21 at 3 p.m. at the Concord Elementary School.

Tickets are $2 in advance, and $3 at the gate. Children age 5 and under will be admitted free.

Striped bass may be back

Stripers, sturgeon, shad and herring fishing in the James River at Lynchburg? If you say impossible, you're right, but 150 years ago, during their spring spawning migrations, such anadromous fishes were common in the Campbell-Nelson County area. According to a feasibility study which the Commission's Fish Division recently completed for the Virginia General Assembly, such fishes can migrate to the area again.

To make such possibility a reality, about $250,000 will be needed to do fish passage design studies on five small dams in the Richmond area. If the General Assembly approves such finding during its 1984 session, the studies can be completed and available for further General Assembly action in 1986. Actual construction can begin in 1987 and anadromous fishes could be in Lynchburg in 1990.

An anadromous fish is one which spends most of its life in the ocean, but must come to fresh water to spawn. Several Atlantic coastal anadromous fishes, including those which have historically spawned in Virignia, are declining throughout their ranges. A successful fish passage program in the James River could assure such fishes' survival in Chesapeake Bay and add significantly to their survival chances in the Atlantic Ocean. Such a program could also provide a totally new freshwater fishing experience for Virginians.

Back to School Sale

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Foster Reynolds elected

G. Foster Reynolds of Red House, Va., Vice President of the Board of Southside Electric Cooperative in Crewe, has been elected President of the Board of the Virginia, Maryland and Delaware Association of Electric Cooperatives. The election took place at the Association's 39th Annual Meeting here recently.

Reynolds replaces Harvey M. Dunn Sr. of Yale. Dunn also serves as Secretary-Treasurer of the Prince George Electric Cooperative in Waverly, and was president of the Association's Board for a two-year term.

William M. Alphine of Boston, Va., who serves on the Board of Rappahannock Electric Cooperative in Bowling Green and Culpeper, was elected Vice President of the Association.

Elected Secretary of the Association was Evangeline W. Jackson of Wyllieburg, Va. She also serves as President of the Board of Mecklenburg Electric Cooperative in Chase City.

J. Manley Garber of Woodbridge, President of the Board of Northern Virginia Electric Cooperative in Manassas, was reelected Treasurer of the Association. He is also a former president of the Association.

Keynote speakers at the opening general session Monday night (July 25) were Virginia Senator John Warner and Congressman J. Kenneth Robinson, of Virginia's Seventh District.

A former director and a former manager were honored for their long years of service. They were Paris C. Kirby, long-time president of the Delaware Electric Cooperative, Greenwood, Del., and J. Raymond Allin, a former president of the Old Dominion Electric Cooperative and former Manager of Northern Neck Electric Cooperative in Warsaw, Va.

Also on the two-day program were Harold Hunter, Administrator of the Rural Electrification Administration (REA); Guy C. Lewis Jr., President of the National Rural Electric Cooperative Association (NRECA) and manager of Rappahannock Electric Cooperative in Bowling Green and Culpeper; Robert D. Partridge, General Manager of NRECA; and Louis B. Strong, Past President of the Kentucky Statewide Association.

The Association serves rural electrification in the three-state area. Membership in the Association is held by electric distribution cooperatives (13 in Virginia, two in Maryland, and one in Delaware) who provide electric power to almost 350,000 meters.

Group wants Rt. 26 speed limit lowered

Seven Appomattox County residents appeared before the Appomattox County Board of Supervisors at last Friday's meeting with a petition asking the county to lower the speed limit for trucks from 55 miles per hour to 45, have the state troopers issue more tickets to speeders on the road and to erect signs to indicate where farm machinery traffic may slow motorists.

The board agreed to ask its General Assembly representatives and state officials to lower the speed limit for trucks on Virginia 26 after reading the petition bearing 174 signatures.

Bill Williamson, a rural mail carrier, whose route covers that road, said, "I've been scared to death over there for the last five or six years. It's dangerous to anybody, and especially so to driver's making frequent stops."

Appomattox County Supervisor Franklin Vaughan noted that several parents had called him expressing their concern about the danger of school bus accidents occuring on that road.

This particular section of road has presented numerous problems for years but, "it came to a head," when John Adams (Jack) Martin was killed when a pulpwood truck ran into the rear of the farm tractor he was operating on June 17.

The supervisors asked T. E. Pittman, state highway engineer to lower the speed limit, but he said he couldn't because it was set by the state. But, he added, "the Appomattox County School Board could request that bus stops be marked on the highway."

The supervisors unanimously adopted the resolution that will be sent to their representatives, Harold King, state highway department commissioner, the district commissioner and the state police.

J. Franklin Vaughan and Francis Elliott were appointed to Appomattox County's two new representatives to the board of directors of the Central Virginia Commission on Aging. Elliott is county advisory council representative to the commission.

Guide lists favorite restaurant

No matter whether you prefer fast food or elegant dining, Chinese delicacies or continental cuisine, the question of "Where can we eat?" is now easily solved. Simply consult RESTAURANTS IN VIRGINIA, a new guide to Virginia's dining establishments.

RESTAURANTS IN VIRGINIA, a new publication of the Virginia Travel Council, lists Virginia restaurants alphabetically by city. Each listing contains an address, telephone number, hours of operation and specialties of the restaurant.

The directory also incorporates a special section on Virginia dinner theatres with dinner and curtain times included.

Melinda Brooking, director of communications for the Travel Council said, "This is the first year the Travel Council has published the restaurant directory, and we are pleased to be able to provide this service. More than 125 eating establishments are included in this year's guide and we expect to add more next year."

Copies of RESTAURANTS IN VIRGINIA can be obtained from the Virginia Travel Council, P.O. Box 15067, Richmond, VA 23227 for 50 cents (50¢) to cover postage and handling, or they may be picked up at the Council's headquarters at 7619 Brook Road in Richmond at no cost.

The Virginia Travel Council also publishes ACCOMMODATIONS IN VIRGINIA, CAMPGROUNDS IN VIRGINIA and VIRGINIA SCENIC HISTORY-LAND. These publications may also be obtained from the VTCouncil. Please enclose $1 to cover postage and handling for each publication.

Three local students to attend Ferrum College

Three local students have been accepted by Ferrum College for the 1983 Fall semester, according to a release from the college.

They are M.J. House, son of Mr. and Mrs. Marvin J. House, Jr., of Appomattox; Gregory Mayberry, son of Mr. and Mrs. Norman H. Mayberry of Appomattox; and Derwin Harvey, son of Mr. and Mrs. Nugene E. Harvey, Sr., of Spout Spring.

Ferrum College is a private United Methodist-related institution with an enrollment of approximately 1,500 men and women. The liberal arts college awards bachelor's degrees in 12 majors and two-year associate degrees.

Ferrum's 754-acre campus is located 35 miles southwest of Roanoke in the foothills of Virginia's Blue Ridge Mountains.

Bookie Johnson thanks county people for help

Editor:

Well, I guess most of you know by now that the Dixie Boys Major Baseball Program had a very successful year.

I would like to thank all of the coaches and parents for the time they put into coaching and bringing their young men out to play ball. Without a combined effort from everyone the success of this league would not have been possible.

I would like to thank the merchants, factories, and friends of our town who supported our team on their trip to Mobile, Alabama to play in the World Series. In just 1 1/2 days you gave enough to send our boys on this trip.

On behalf of all of the boys who participated in Dixie Baseball, "Thank You so much for the support you have given us throughout this season."

Thank You,

Bookie Johnson

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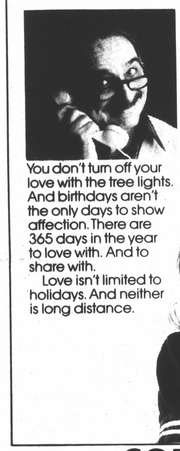

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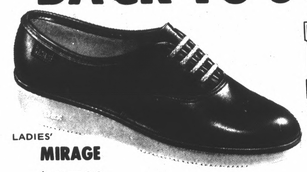

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